

## Recitation B

### Pushing Physical Limits

I have always wondered how far I could push myself. What are my physical limits?

Our bodies, of course, set limits for each of us. Even with newer running shoes and better training, there will always be limits to how fast people can run or how much weight they can lift. Also, although we can get ourselves in better shape, some of us are just genetically more suited to strength, speed and endurance. But, more importantly, it's a person's mind that determines how far he or she can go.

So, how could I best test myself?

John Collins was living in Hawaii where he asked this question. One night, he was listening to a few friends argue about where runners or swimmers were in better shape. He broadened the argument by insisting swimmers were the best athletes overall. The argument turned into an idea for a competition. Each competitor would swim 3.9 kilometers, bike 180 kilometers and then run 42 kilometers. The first one to finish would be given the title Ironman!

I decided to take the challenge.

Preparing for the Ironman race started with breakfast. Eating the right foods throughout the day was important. I stopped eating three times a day and started eating five to seven times a day to give myself more energy as I exercised. Swimming, cycling and running began to take up a large part of each day for me. In between, there were workouts in the gym.

Finally, the day arrived. I was up ready to start at first light: into the ocean, up and down hills on a bike then finally the run. Seventeen hours after starting I arrived at the finish line. I certainly wasn't the first, but it didn't matter. I had challenged myself and felt like a winner!

(298 words)